

# 30 DAY LIKE LIST A MORNING AND EVENING ROUTINE

## Simple 30 Day Routine

If you are someone who wants a new direction in life that actually works, and you want to start with a small change yet empowering, this is it. It really works!

**Evening Like List:** Feel good thinking about anything you like for only a few minutes until you fall asleep.

**Morning Like List:** An effective way of setting the daily tone. For a handful of minutes, feel the fullness of who you are. Feel appreciation and gratitude of anything you like.

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Before you get out of bed to use the facilities take 2 to 3 minutes but no longer than that, and perform the following:

If you can say them out loud that is preferred or you can say them to yourself if there are people in the room with you.

Start saying everything you like, it doesn't matter how big or small it is. Even if it's a piece of shiny metal on the cement you noticed three days ago.

Here is an example:

*[I like sunshine I like grass I like my dogs I like the way that person smiled at me the other day I like the smell of the store the other day I like my hair those girls shoes were fabulous that goes high was really cool I like the way they were talking the other day in the restaurant I like birds I like snakes I like to study I like when I feel good I like that piece of green glass I saw on the curb over at the grocery store I like that new car I like trucks I like pillows I like to take a shower I like to take a bath I like bubbles I like pillows I like my bed I like my comforter I like that do you have friends I like Shelly I like Michael I like the way Gloria smelled I like how the older man smiled at me I like how the waitress took my order I like fresh clean sheets I like the smell of rain]*

So that's just an example but only do it for two or three minutes no longer than that and do it every day for 30 days.

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When you catch yourself focusing on negative parts of life, remember things YOU DO LIKE. Try this exercise before your momentum builds with your prosecuting attorney voice within.

If you do find that your momentum has built up and you are in a whirlwind, try to redirect yourself to be very general about things. Your emotions are not to be feared. Sometimes we just feel these things and as long as we do not harm our self or another, there is nothing wrong at all with being in this momentum of negativity. Try to not forget that! If we repress ourselves, it is possible to get sick, create a dis-ease, or hurt another by our words or actions, including our self, our pets, strangers, anyone, anything, or your tangible things. When you practice these few little exercises it can get easier and easier to not "become" your thoughts! You are not your thoughts, you are the one having them.

**You are not the content of your life.**

**YOU ARE LIFE.**